

a monthly publication of the  
Tennessee Valley Authority

# InsideTVA

Volume 30, Issue 9  
October 2010

## Community Connections



ROSANNE SIETINS (LEFT), MARY HOLLAND AND  
VOLUNTEER FIRE CHIEF ROBERT SMITH FIND  
SPECIAL WAYS TO MAKE A DIFFERENCE.

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COLBERT SAVES MONEY WITH  
**New Lighting**  
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SEQUOYAH ASSISTANT UNIT  
OPERATOR JOE HENNESSEY'S  
**job rocks**  
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## ADDITIONAL INFORMATION

TVA is an equal-opportunity and affirmative-action employer. TVA also ensures that the benefits of programs receiving TVA financial assistance are available to all eligible persons, regardless of race, color, sex, national origin, religion, disability or age.

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Comments and suggestions are welcome. Send them to Inside TVA, SP 2B-C, 1101 Market St., Chattanooga, TN 37402, or call 423-751-2540. Retirees with mailing-address changes should call Retirement Services at 865-632-2672.



## HOT TOPICS

### Four New Directors Join TVA Board

On Sept. 16, the U.S. Senate confirmed four TVA Board nominees, who were sworn in on Oct. 7:

- Marilyn A. Brown, a professor of energy policy at the Georgia Institute of Technology's School of Public Policy. She was nominated Dec. 10, 2009, for a term expiring May 18, 2012.
- Barbara S. Haskew, recently retired as a professor of economics at Middle Tennessee State University, nominated Sept. 10, 2009, for a term expiring May 18, 2014.
- Neil G. McBride, a long-time public-interest lawyer. He was nominated Sept. 10, 2009, for a term expiring May 18, 2013.
- Bill Sansom, a former chairman of the TVA Board, who was nominated Dec. 4, 2009, for a second term expiring May 18, 2014. Sansom is president and chief executive officer of Knoxville-based H.T. Hackney Co.

Current members of the TVA Board of Directors are Chairman Dennis Bottorff of Nashville, Tenn.; Mike Duncan of Inez, Ky.; Tom Gilliland, of Blairsville, Ga.; William Graves of Memphis; and Howard Thrailkill of Huntsville, Ala.

### Draft Integrated Resource Plan Released for Comment

TVA issued its draft Integrated Resource Plan and the accompanying Environmental Impact Statement for public comment.

The plan was developed during the past year with input from a broad range of stakeholders for meeting TVA's future energy challenges.

It examines seven possible planning scenarios covering the next 20 years and suggests strategies to meet the challenges posed by variables such as economic growth, inflation, fuel prices and the regulatory environment.

The draft Integrated Resource Plan suggests that a diverse portfolio — including more nuclear, less coal, more energy-efficiency and demand-response programs and more renewable generation — rank higher than strategies that do not establish the same level of financial and operational flexibility.

Five public meetings are scheduled during October in Nashville; Bowling Green, Ky.; Olive Branch, Miss.; Huntsville, Ala.; and Knoxville to solicit comments. The two documents also are posted on the external TVA website for viewing and comment.

### Gallatin Fossil Plant Named Top Performer

Chicago-based Navigant Consulting, which serves utilities and other regulated industries, ranked Gallatin Fossil Plant No. 1 in cost and reliability among 53 North American coal-fired plants with units averaging 200-500 megawatts. Criteria included good spending habits and having few, if any, major events affecting power production. Plants were required to have continuous data between 2005 and 2009.

“This award demonstrates that Gallatin is running efficiently and that we have the records to prove it,” says Scott Hadfield, Gallatin plant manager. “Our employees are invested in producing reliable power at the lowest possible cost in an environmentally responsible manner and with continuous improvement in all plant operations and programs.”

## ON THE COVER

**COVER PHOTOS** – In the background photo, the equipment for the Oakland, Ala., Volunteer Firefighters hangs at the ready. The three smaller photos show Rosanne Sietins, who coordinates outreach efforts for the Elephant Sanctuary in Hohenwald, Tenn.; Mary Holland, who tends the Butterfly Garden at the Tennessee Aquarium in Chattanooga; and Robert Smith, the Oakland Volunteer Fire Department fire chief. Story on pages 6 and 7. Photos by Damien K. Power.



# CONSERVING THE ENERGY We Make

BY JESSICA STONE

**When you talk to Steve Payne (left), you can feel his passion for energy conservation.**

**Payne, a maintenance supervisor at Colbert Fossil Plant, has led the charge during the past year to update equipment at Colbert with energy-efficient alternatives. And the changes are adding up fast.**

## **A bright idea**

EnergyRight Solutions' current ad campaign urging our customers to look for "wasted kilowatts" got Payne thinking.

He says, "I thought 'what about us — the producers?' After listening to these commercials just about every morning on my way to Colbert, I looked around at what we were wasting. Lighting that burns 24/7 and could be seen by any of our customers from either the highway or the great Tennessee River. I thought how responsible are we by not practicing what we preach?"

After generating a list of lighting improvements and looking for ways to fund his plans, Payne sought out Al Nayadley in Chattanooga for guidance.

"Initially we were called upon to help

with outdoor lighting," says Nayadley, manager of Energy Conservation and Sustainability. "But Steve is a great advocate for energy efficiency and we ended up helping them with a full audit and additional conservation projects."

Payne, with the help of Nayadley's team and plant employees, began a project that would grow from changing light bulbs to a full-on audit of all the places Colbert could save energy.

## **The plan comes to light**

In the first phase, Colbert employees installed controls on outdoor lighting and replaced incandescent lamps with energy-efficient compact fluorescent lights. Office wings, maintenance shops and other areas in the plant were targeted for the change-out. With the success of this phase, the employees moved on to replacing and installing insulation, energy-efficient windows and high-efficiency fan motors.

Through September 2010, Colbert calculates nearly 2.5 million kilowatt-hours per year of demand reduction already. This is equivalent to providing electricity to 125 average homes and carbon-footprint reductions equal to taking 470 automobiles off the road.

In addition to the initial reduction of "wasted kilowatts," Payne notes the

positive effect the changes have had in other areas.

"Safety has been positively impacted," he says. "Now we have improved lighting conditions, and the life cycle of the new fluorescent lights is five to seven times longer than the incandescent lights, which means lower maintenance cost. Since the plant operates off the energy it produces, the reduction of energy used by the plant allows that power to be sold."

## **The work continues**

To help keep the project going, the plant's maintenance organization has added Energy Conservation Maintenance to its maintenance tracking program.

"Now we know that when maintenance issues get addressed, employees are reminded to consider how a project could be improved from an energy-conservation standpoint as well," Payne says.

"The goal of the Environmental Sustainability group is to get all TVA organizations thinking 'What can we do?' for energy efficiency," Nayadley says.

Payne agrees. "Every employee of TVA has a responsibility to provide safe, environmentally friendly, sustainable, low-cost electricity for our consumers. After all, at the end of the day we all are consumers." ■



# The 2010 Combined Federal Campaign Kicks Off!

The Greater Chattanooga Area Combined Federal Campaign kicked off with the Day of Caring on Friday, Aug. 27, with activities supporting three dozen agencies, followed by the annual fair at the Chattanooga Convention Center on Sept. 8 featuring CFC agency booths, a TVA closet sale, a corn-toss competition, a car show, Minute To Win It, the CFC jail, lunch and free ice cream.



GARY ENGELHARDT

Myscha Crouch, a project manager in Nuclear Generation Development & Construction's Performance Analysis Group, and Project Controls Specialist Greg Early put in a deck on the back of a Habitat for Humanity House on Tinsley Place in Chattanooga.



DAMIEN K. POWER

On Sept. 23, former University of Tennessee basketball star Dane Bradshaw told federal employees about the value of supporting the Combined Federal Campaign at the Smoky Mountain Region 2010 CFC Kick-off Celebration on the Plaza between the towers at TVA's Knoxville Office Complex.



JEREMY HAYES

Evan Hauser, a power trader, pressure washes the porch of the Children's Advocacy Center of Hamilton County.



DAVID MULKEY

Greg Chubb, a laborer at Widows Creek, mixes paint as part of a renovation of The Arc of Jackson County, a learning center for mentally challenged adults in Scottsboro, Ala.

## A Clear Vision for the Future: Employees Speak Out

*TVA Today* asked employees what they can do to help TVA fulfill its vision to be one of the nation's leading providers of low-cost and cleaner energy by 2020.

People & Performance's Performance Analysis group says, "As performance analysts, we can help create clear line of sight for TVA employees from the work they do each day to the progress toward achieving the vision. That means working with each organization within TVA to help identify performance targets and measures for focused activities that support the vision." The group emphasizes that helping

leaders convey line of sight is key to increasing employee engagement and accountability.

Weekly, monthly and annual reporting is important to the group as well because it monitors progress and highlights opportunities for continuous improvement. For example, tracking plant reliability, headcount and contractor expense helped point out areas for improvement.

What can you do to help TVA fulfill its vision? E-mail *Inside TVA* at [insidetva@tva.gov](mailto:insidetva@tva.gov) and let us know.



JIM BLENTLINGER

People & Performance's Performance Analysis group: Georges Charles, Laura Dutton, Charla Hodges, Jane Elliott and Kelly Bishop.





# Stretching for SAFETY

BY SONJA GILLESPIE

**A**t Allen Fossil Plant, a handful of operations employees finish their pre-shift briefing, then form a circle. They slowly roll their heads to the right, then to the left. They reach one arm to the sky, bend the arm at the elbow, place the opposite hand at the elbow and stretch one arm, then repeat on the other side. They bend over and reach for their toes, then continue the routine through several key stretches.

“Live Well [TVA’s health and fitness program] conducted a stretching course here a year ago,” explains Allen Operations Manager Matthew Buck. “And we’ve been stretching daily since then.”

Stretching is one way to decrease the risk of “soft-tissue” injuries ranging from sore or strained muscles to sprains, inflammation, pinched nerves and even numbness and tingling. In general, the plant sites see a lot of these injuries, which can be costly to TVA and to employees.

Says Safety Consultant James Thomas, “At Allen, we’ve seen a significant drop in soft tissue injuries over the last year, and I believe this reduction is due to the stretching, injury-risk awareness and controls that we’ve taken to reduce soft-tissue injuries.”

Seeing the success of soft-tissue risk awareness and stretching classes that Live Well staffers had conducted at several plants, last spring the Fossil Safety Peer Team asked Live Well to extend this training to the entire Fossil fleet. Starting in May, regional Live Well managers conducted the training at coal, combustion turbine

and combined-cycle plants, as well as at equipment support service sites. At some sites, Live Well staffers trained certain employees, who in turn trained their work groups. Other sites included all employees in the initial training.

As part of the training, each participant was led in a warm-up activity for about three minutes, then through a stretching routine focusing on neck, shoulder, arm, hand, back and leg muscles. While employees participated, the leaders demonstrated the correct way to stretch each muscle group, stressing the importance of completing the warm-up and stretching routine after the morning pre-job briefing and throughout the day prior to any physical labor.

The training explained the different types of soft-tissue injuries and situations workers encounter on the job that may increase their chance for injury, as well as techniques and controls to prevent soft-tissue injuries.

Although stretching is not a cure-all, if done correctly — along with using correct manual material handling, appropriate tools for the task, proper body mechanics and teamwork, and practicing a healthy life style — it can help reduce soft-tissue injuries.

Now that the word has spread about the Soft Tissue Injury Prevention Training, other organizations have requested it. The training can benefit anyone, whether office or plant personnel. Work groups interested in this training should contact Sonja Gillespie at 256-386-2224. ■



# Community Connections

BY JULIE TAYLOR

Three employees find special ways to give back to their communities



Rosanne Sietins didn't think about animals living in captivity until she learned about the Elephant Sanctuary in Hohenwald, Tenn.

It didn't take long for Sietins, a senior consultant in Human Resources Shared Services & Employee Relations, to fall in love with the elephants. After the first day of volunteering, she began driving about 50 miles to the Sanctuary every Saturday to assist with projects.

"I got hooked because I could learn so much," says Sietins, whose volunteer hours resulted in a grant for the Sanctuary through TVA's Community Connections Program. TVA awards grants to nonprofit organizations based on hours that employees like Sietins track online.

Since its founding in 1995, the Sanctuary has housed 24 elephants, many of whom have retired from zoos and circuses. The Sanctuary's 2,700 acres are closed to the public, but visitors can learn more at [www.elephants.com](http://www.elephants.com) and in the future at the "education gallery" under construction in downtown Hohenwald. Sietins, who has served on the Friends Council since 2004, coordinates the Sanctuary's community awareness and outreach efforts.

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Above left: Rosanne Sietins coordinates outreach efforts for the Elephant Sanctuary in Hohenwald, Tenn.







## Float like a butterfly

Mary Holland, an engineering support specialist at Sequoyah Nuclear Plant, describes herself as a waitress and chef to the butterflies and birds that live in the Butterfly Garden at the Tennessee Aquarium in Chattanooga.

Holland, an avid gardener, signed up to be a volunteer a year before the aquarium opened. "I grew up in Oklahoma, which is land locked," she says. "Volunteering at the aquarium appealed to me because of that and because I was a Girl Scout and I have always liked ecology."

Holland cared for the plants in the aquarium's indoor deciduous forest before moving to the Butterfly Garden. "The best part of volunteering is playing with the butterflies," she says. "I have learned a lot over the years." TVA awarded a grant to the aquarium for her work as a horticulturalist and participation in special events.

"Everyone is a winner in the Community Connections Program," says Nina Mauldin, TVA's program manager of Corporate Contributions. "Employees give back to their favorite nonprofit organizations through activities they enjoy, the organizations are rewarded for the employees' hard work, and TVA strengthens communities."

Left: Mary Holland tends the Butterfly Garden at the Tennessee Aquarium in Chattanooga.

## Every dime counts

For Robert Smith, serving as a volunteer firefighter in Lauderdale County, Ala., is the right thing to do.

"It is very gratifying to help the community," says Smith, a volunteer firefighter for 38 years and fire chief for 16.

When Smith saw information about TVA's Community Connections Program online, he immediately signed up because "every dime counts" for organizations like the Oakland Volunteer Fire Department. The grant money goes into the general fund for fuel, equipment and other necessities to keep the department of 20 going.

The department covers nearly 100 square miles and answers more than 300 calls a year. "We receive very few thank yous, so one goes a long way," says Smith, an assistant unit operator at Colbert Fossil Plant with 32 years of service. "I tell my guys if we didn't do it, who would?"

Right: Robert Smith is a volunteer firefighter in Lauderdale County, Ala.



To learn more about the Community Connections Program, click on "Community Relations" under the "Programs" heading on the InsideNet homepage. Visit the online issue of *Inside TVA* for a video of Sietins, Holland and Smith. A link to *Inside TVA* is available in the center section of the InsideNet homepage.



# my job rocks

BY JULIE TAYLOR

TVA employees are on the job 24/7, keeping the lights on, running the river system, managing TVA lands and supporting TVA's operations. In this column, you'll hear from TVA employees who can say, "My job rocks!"

## JOE HENNESSEY

ASSISTANT UNIT OPERATOR  
SEQUOYAH NUCLEAR PLANT

### Cooling towers have always been fixtures in Joe Hennessey's life.

"I often say I grew up in the shadow of the cooling towers," says Hennessey, who lived in Soddy Daisy a few miles from Sequoyah Nuclear Plant. "Before I moved out of my parents' house, I don't remember a time that I couldn't see the towers."

The towers are no longer distant shadows. Five years ago, Hennessey hired into TVA, and in 2007 he became a second-generation assistant unit operator at Sequoyah, following in his father's footsteps.

The control room dispatches Hennessey if they need more information.

"An assistant unit operator is the eyes and ears of the control room," he explains. "We report anything out of the ordinary to the control room."

For Hennessey, his job is a perfect fit because he learns something new almost every day. He rotates between job stations every three-to-four days and between day and night shifts.

"I love the dynamic nature of the job," he says. "No two days are ever the same. One day I may be watching the turbine building and the next I'm outside at the cooling towers."

One of the best parts of Hennessey's job is the people he works with at Sequoyah.

"My co-workers are some of the best people I've ever known," he says. "My group is like a family, and we genuinely care about each other. We work well together and we play well together."

He feels fortunate for the opportunity to participate in TVA's assistant unit operator training program.

"The initial training program is the most rigorous thing I've ever gone through," says Hennessey, who has requalification training six times a year. "I literally had to put the rest of my life on hold, but the payoff was totally worth it. I'm really proud of my job." ■

Joe Hennessey learns something new every day as an assistant unit operator at Sequoyah.



# OWEN JANOW IS THE Volunteer *of the Year*

At the 27th Annual Bicentennial Volunteers Inc. Awards & Recognition Banquet on Sept. 9 in Huntsville, Ala., Owen Janow was recognized as the Volunteer of the Year.

“He has a most interesting story, going all the way back to before he ever thought about working for TVA,” said Bicentennial Volunteers President Mike Lamb. “Seems he missed the school bus one day during his senior year in high school and started walking the 10 miles to school. Along came a man in a big Packard and offered him a ride. It was George Slover, the director of Personnel for TVA. They had a nice conversation on the ride, and Mr. Slover gave the young man his contact information and instructions to call him after he finished high school if he wanted to work for TVA, and the rest is history.

Some 70 years later, and 33 years after his retirement, he’s still working to support TVA – as a volunteer at Raccoon Mountain Visitors Center, where he works several days each month.

His is a remarkable story, from a beginning at Hales Bar to many TVA construction locations, moving 18 times and working at nearly that many different places. Then, as a volunteer, working at three different visitor centers and doing recreational surveys, his dedication to volunteer activities through BVI for the TVA he loves are an inspiration to us all.”



**Mike Lamb (left) stands with Owen Janow, holding his Volunteer of the Year award.**

STEVE CORUM

Nearly 900 retirees have gotten at least temporary work through TVA contract work. This year the Bicentennial Volunteers have supported 37 Federal Emergency Management Agency missions in 16 states, using about 150 different workers who worked almost 130,000 hours. This is in addition to the 250 volunteers who were involved this year in Water Safety training in schools, hosting at TVA visitor centers, assisting locals with vegetable gardens, leading wildflower walks, and partnering with several of the TVA Retirees Association chapters for community projects, including wheelchair ramps and Habitat houses.

## THE TVA RETIREES Annual Picnic

The Retirees Picnic, Sept. 10, at Guntersville (Ala.) Civitan Park drew almost 800 retirees.



**Doris Lee (right) finds materials for a fellow retiree.**



**Vicki Wooliver (left), an accountant in Retirement Management, hands Truitt Fore a gift.**



**Pat and Herschel Boyd of Stevenson, Ala.**

PHOTOS BY STEVE CORUM



# new retirees

## 39 Years

**Jerry R. Eason**, Fossil Power Group, New Johnsonville

## 36 Years

**Jerry J. Rich**, River Operations, Chattanooga

## 34 Years

**James M. Reagan, Jr.**, Nuclear Power Group, Soddy-Daisy

## 32 Years

**Kenneth B. James**, Fossil Power Group, Muscle Shoals

## 31 Years

**James R. Anderson**, Power System Operations, Chattanooga

## 30 Years

**Phyllis A. Hilton**, Environment & Technology, Knoxville

## 29 Years

**David W. Brotherton**, River Operations, Benton

## 22 Years

**Kenneth L. West**, River Operations, Chattanooga

## 19 Years

**Monroe W. Jones**, Nuclear Power Group, Soddy-Daisy

## 18 Years

**Stanley H. Garner**, Power System Operations, Chattanooga

## 17 Years

**Robert D. Collins**, Nuclear Power Group, Spring City

## 16 Years

**Mark T. Marcum**, Fossil Power Group, Chattanooga

## 11 Years

**Brenda R. Florek**, People & Performance, Chattanooga

## 10 Years

**Charles E. Drinnon**, Fossil Power Group, Rogersville  
**Artis N. Hollins, Jr.**, Nuclear Power Group, Spring City

## 5 Years

**Dennis S. Painter**, Customer Relations, Nashville



# FOUR TIPS

## FOR ENROLLMENT PLANNING

**The time you spend planning for Benefits Enrollment could actually save you money. Don't be under-insured and have your benefit choices fall short of your needs. But don't be over-insured and spend money in premiums for unnecessary coverage.**

Here are four tips to help you select the best benefits for you.

### 1. Choosing a medical plan

**For employees and non-Medicare retirees**

When thinking about your choices, take into account the total cost of the medical option you're considering. First, your premium — you'll spend this regardless if you ever use the medical plan. Second, your out-of-pocket costs — how much of a deductible, copayment or coinsurance will you pay?

The improved health-plan comparison tool on the BlueCross BlueShield of Tennessee's website now makes it easier to determine your most cost-effective health plan.

- Go to <http://www.bcbst.com>.
- Log in to BlueAccess or register
- Under Tools & Information, click on "Compare Health Plans."

Your premiums will appear automatically. (Note: The tool does not show retiree premiums. Retirees should refer to page 15 of their Medical Plan 2011 booklet.) Your last 12 months of medical-claims data is included, too, but you can make any changes you predict for 2011. Add in your estimated prescription-drug claims, and then compare your estimated costs for each medical option.

### 2. Using a Health Savings Account

**For eligible Consumer-Directed Health Plan members only**

A Health Savings Account is designed to help you pay for current and future medical expenses. A \$250 per month contribution over 20 years can yield an \$80,611 balance and a \$16,800 tax savings. (Assumptions: 28 percent federal tax; 3 percent bank interest rate.) To discover your savings opportunity and tax advantages:

- Go to <http://www.hsabank.com/tva>.
- Click on "Calculators," then "Future Value Calculator."

If you choose the Consumer-Directed Health Plan during enrollment, you will have the opportunity to open a Health Savings Account with HSA Bank. If you already have an account with HSA Bank, no action is required.

### 3. Using a Flexible Spending Account

**For employees only. (Consumer-Directed Health Plan members are not eligible for a Health Care Flexible Spending Account.)**

Money in a flexible spending account reduces your taxable income, and you can use those pre-tax dollars for eligible expenses. A Dependent Care Flexible Spending Account can be used for child care or elder daycare. A Health Care Flexible Spending Account can be used for qualified health-care expenses. A \$2,000 contribution reaps a tax savings of more than \$450 for an individual making \$50,000 per year (per Internal Revenue Service Publication Rev. Proc. 2006-53). To calculate your tax savings:

- Go to <http://www.spendingaccounts.info>.
- Click on "Contribution Calculator."

### 4. Deciding on life insurance

**Employees only**

How much life insurance should you have? Will your family need it to pay for a mortgage or a child's education, or do you need just enough to settle your estate and pay funeral expenses? Aetna's online calculator can help you decide.

- Go to [http://www.aetna.com/group/aetna\\_life\\_essentials/life/calcs.htm](http://www.aetna.com/group/aetna_life_essentials/life/calcs.htm).
- Click on "Life Needs Analyzer."

## Try your own scenarios

Beth, a full-time employee, covers herself, her husband and son on her medical plan. For 2011, she estimates her family will have five office visits, two specialist visits, one outpatient surgery, and one inpatient service. They will also have 12 refills each for two generic drugs and 12 refills for a preferred-brand drug.

Using the Health Plan Comparison tool at [www.bcbst.com](http://www.bcbst.com), her estimated annual out-of-pocket costs for each plan is:

| PLAN COMPARISON TOTALS   | COPAY PLAN      | 80% PPO        | CDHP           |
|--|-----------------|----------------|----------------|
| Deductible Paid by Beth  | \$0             | \$600          | \$1,200*       |
| Co-insurance Paid by Beth  | \$0             | \$3,281        | \$3,401        |
| Copay Paid by Beth   | \$1,403         | \$576          | \$0            |
| <b>Total Paid by Beth</b>  | <b>\$1,403</b>  | <b>\$4,457</b> | <b>\$4,601</b> |
| Total Annual Premium Paid by Beth  | \$10,608        | \$2,860        | \$754          |
| <b>Total Estimated Annual Health-Care Expense Paid by Beth (Total Paid + Total Annual Premium)</b> | <b>\$12,011</b> | <b>\$7,317</b> | <b>\$5,355</b> |

\*Assumes: Beth used TVA's health savings account contribution to pay \$1,200 of the \$2,400 deductible and she paid the remaining \$1,200.

She plans to use the tool again to see how the plans compare in case her health-care usage is higher or lower than what she anticipates.



# Applause!



ANNE NASH

**John Lund** (center), a mechanical design engineer, was recognized for 40 years of service by Watts Bar Director of Engineering **Gary Mauldin** (left) and Site Vice President **Don Grissette**. Lund, the reigning time-in-service TVA employee at Watts Bar Nuclear Plant, started at TVA in 1970 as a mechanical engineer in Knoxville. He also worked at Sequoyah Nuclear Plant and for corporate in Chattanooga. Lund says he

will continue working at least long enough to see Watts Bar Unit 2 come online. He says the highlight of his career was seeing Watts Bar 1 get licensed and go into operation. When asked what advice he has for young engineers just joining the TVA ranks, he says, "Have a positive outlook and learn what you can, whenever you can."



DAMIEN K. POWER

At a licensing ceremony in Decatur, Ala., TVA Nuclear recognized the Initial License Trainee Class No. 10-06 (left to right) front row: **Mark Moebes**, **David Renn**, **Wes Clark** and **Nathan Cooper**; second row: **David Hall** and **John Ridinger**; back row: **Ralph Hoffman**, **Brad Sager** and **James Sutphin**. Not pictured: **Ray Loggins** and **Greg Cobb**.

## Better Scholarships Through Golf

**Charley Spencer**, senior adviser in Fossil Generation Development & Construction (left) and Howard High School Principal **Paul Smith** (right) stand with **Yasmeen Cole** (left center) and **Alisha Toarn** (right center), the winners of the first two scholarships from TVA's Chattanooga Partners In Education golf tournament. Yasmeen is a pre-med student, majoring in bio-chemistry at the University of Tennessee, Knoxville. Alisha is majoring in nursing at Tennessee State University.



HERMAN PRATER

## NEW EMPLOYEE

### BILLY PARRISH

Marine Pilot, Fossil Operations, Muscle Shoals



DAVID LUTTRELL

Marine Pilot **Billy Parrish** has operated heavy equipment on rivers and on land all over the TVA service region.

Marine Pilot **Billy Parrish**, 45, grew up on the water — near mile marker No. 150 on the Tennessee River in Decatur County, Tenn.

He graduated from Riverside High School, then caught on as a deck hand aboard the heavy towboats on the Mississippi. After two years he started operating dredges and other heavy equipment, eventually earning his Coast Guard Western Rivers Unlimited-Tonnage master's license.

For many years Parrish was a dredge operator, pilot and crane operator on the Ohio and Mississippi rivers for Luhr Brothers Contractors of Columbia, Ill. For the past eight years he worked for GUBMK Constructors operating towboats, cranes and dredges on rivers all over the TVA service region, including the Cumberland, Greene and Clinch, and for much of the past two years at Kingston, where the picture above was taken. He joined TVA as an employee in August.

Parrish lives in Bath Springs, Tenn. His wife, **Selena**, is a substitute teacher, and they have a 12-year-old daughter, **Lindsey**.

For a list of employees hired in August, see the online edition of *Inside TVA*.



# NEW EMPLOYEES

Jessica Laine Ballard, Jackson, Strategy & External Relations  
Garth George Barham, Knoxville, Financial Services  
R. Scott Bauman, Spring City, Nuclear Power Group  
Floyd Allen Beard, Spring City, Nuclear Power Group  
James Michael Bishop, Chattanooga, Fossil Generation, Development & Construction  
Gregory H. Black, New Johnsonville, Fossil Generation, Development & Construction  
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# Got your flu shot?

BY KELLY LAWSON

Flu shots may be a little easier to take this season.

The TVA Medical Plan (Copayment Plan, 80 percent Co-insurance Plan and Consumer-Directed Health Plan) now pays 100 percent of the cost for flu shots, both seasonal and H1N1 (also known as swine flu). This improved benefit is retroactive to Jan. 1, 2010. Previously, flu shots were covered under the \$500 preventive care benefit. Now, regardless of whether or not you have used all of your preventive care benefit, your flu shot will be paid in full.

**Who should get a flu vaccine?**

Everyone 6 months and older should get a flu vaccine each year, says the Advisory Committee on Immunization Practices, which advises the Centers for Disease Control & Prevention on vaccine issues.

BlueCross BlueShield of Tennessee will automatically reprocess any flu shot claims not paid at 100 percent with service dates of Jan. 1, 2010, and later and pay the claim in full. Members whose provider did not or does not file claims can file a flu-shot claim (for services Jan. 1, 2010, or later). A claim form is available on the TVA members section of [www.bcbst.com](http://www.bcbst.com) or by contacting BlueCross BlueShield of Tennessee at 800-245-7942.

This change does not apply to Medicare Supplement members. Medicare rules still apply.

*Your Health  
Counts***YOU'RE 100 PERCENT COVERED.**